



Kathy Jordan,
MS, RDN, CPT

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Kathy Jordan can help you and your family, contact her directly at:

KathyJordanMSRD@gmail.com

(413) 504-4199

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

Nutrition Events at Big Y®

Kathy Jordan is a registered dietitian available in a handful of Big Y locations in Eastern Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

EASTERN MASSACHUSETTS SCHEDULE DECEMBER 2019

December 2

Mediterranean Diet Basics

11:00 AM – 12:30 PM
Norwell Big Y
10 Washington St.

Walk the aisles with a registered dietitian and learn the basics of the Mediterranean style of eating, with shopping tips and meal ideas to make nutritious and tasty menu choices.

 **Store Tour**

December 3

Happy Healthy Holidays

11:30 AM – 1:30 PM
Norwood Big Y
434 Walpole St.

Give your family and friends the gift of healthy eating. Learn simple steps to modify favorite recipes and discover ideas for healthy holiday snacks and gifts.

 **Event Table**

December 6

Mediterranean Diet Basics

1:00 – 2:30 PM
Kingston Big Y
182 Summer St.

Walk the aisles with a registered dietitian and learn the basics of the Mediterranean style of eating, with shopping tips and meal ideas to make nutritious and tasty menu choices.

 **Store Tour**

December 9

National Pear Month

3:00 – 5:00 PM
Easton Big Y
25 Robert Dr.

National Pear Month recognizes the flavor and versatility of this delicious fruit. Whether they are enjoyed fresh or in recipes, pears add significant nutritional benefits to any meal plan.

 **Event Table**

December 10

Feeling Energized

11:30 AM – 1:30 PM
Kingston Big Y
182 Summer St.

Tired of running out of steam? Learn how eating style and sleep patterns may be affecting your health, stamina and energy levels.

 **Event Table**

December 12

Feeling Energized

3:15 – 5:15 PM
Walpole Big Y
1111 Providence Hwy.

Tired of running out of steam? Learn how eating style and sleep patterns may be affecting your health, stamina and energy levels.

 **Event Table**

December 17

National Pear Month

11:30 AM – 1:30 PM
Norwood Big Y
434 Walpole St.

National Pear Month recognizes the flavor and versatility of this delicious fruit. Whether they are enjoyed fresh or in recipes, pears add significant nutritional benefits to any meal plan.

 **Event Table**

December 18

Happy Healthy Holidays

4:15 – 6:00 PM
Norwell Big Y
10 Washington St.

Give your family and friends the gift of healthy eating. Learn simple steps to modify favorite recipes and discover ideas for healthy holiday snacks and gifts.

 **Event Table**

December 18

Living Gluten Free

6:30 – 7:30 PM
Norwell Big Y
10 Washington St.

Join us for open conversation to discuss gluten-free living and sample gluten-free snacks, in collaboration with the National Celiac Association. We'll also take a brief walk through a handful of aisles to share tips on shopping for gluten-free foods.

 **Support Group**

Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.